









COOPERTHON

NAME:	EMAIL:			
Turn in your exercise log to the Service Desk by October 31, 2018.	DATE	ACTIVITY/EXERCISE	MINU TODAY	JTES TOTAL
CARDIOVASCULAR FITNESS Strengthen your heart so it can do more with less effort thanks to improved cardiovascular health.	1			
	2			
	3			
	4			
	5			
BLOOD WORK Improve your cholesterol profile by performing aerobic activity at least 30-40 minutes, 3-4 days per week.	6			
	7			
	8			
	9			
	10			
BODY COMPOSITION Decrease body fat while increasing muscle mass with a combined routine of aerobic (cardio) and anaerobic (strength training).	11			
	12			
	13			
	14			
	15			
	16			
FUNCTIONAL FITNESS Incorporate stretching and strengthening into your exercise program to maintain flexibility, stability, mobility and balance.	17			
	18			
	19			
	20			
	21			
STRESS MANAGEMENT Manage anxiety and how your body responds to stress with endurance activities, which release endorphins in your brain.	22			
	23			
	24			
	25			
	26			

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